

paths and pathological by-paths, under his master guidance, lead to the eternal, and never-before-discovered truth that he, even he, has a system of wonders and marvels, known scientifically to cure all physical infirmities, and heal all manner of afflictions. Ho! ye sick and simpleminded! Come ye, and learn how science, great Science, can solve your disorders and make you hale and strong.

And they come! The lame, the halt and the blind. From the byways and the highways. Seldom, even when illusion's veil is torn aside, do they glimpse the secretive African in the lumber of the quacking "specialist's" show. Yet here, true to form, ancient Mammon leads the ball and provides the stimulus for the full performance.

How ring down the curtain on the medical quack? How expose him and keep the unlearned and mentally helpless from his grasp? Some say it cannot be done. That while this race is credulous, sensation-mongering and ripe to be plucked, these things will continue. Perhaps so. And still why not recognize that the modern physician is no longer a scientific recluse, charged with preserving his knowledge and skill for his own esoteric circle. Why not start a widespread drive for personal propaganda for public health? Teach the people the truth. They, above all, are entitled to it. The doctor, above all, is fit to teach it. The truth shall make them free—free from the quack, the cult, and the ism—free to be healthy, and free from fear.

TRANSLATING MEDICAL KNOWLEDGE FOR POPULAR USE.

For some time the Editor has had in mind an article on this topic. The entire subject has recently been phrased so admirably, however, in the Vocational Summary, that the following excerpt is given verbatim from an address by F. A. Robinson before the Conference on National Safety Codes, convening at the National Bureau of Standards, January 15-16, 1919:

"It is pertinent to paraphrase and quote from an address entitled 'What Now?' by Franklin H. Wentworth, in which he says:

"Our logical course of action would seem, therefore, to be, first, to arouse the American people to a sense of their collective responsibility; and, second, so to popularize our scientific findings as to permeate with them the common consciousness and inculcate public habits of care respecting these hazards. The American people will not avail themselves of the helps we gratuitously offer them until they first are conscious of the need for such helps and then are taught how to apply them.

"Without making invidious distinctions, and without thought of any undervaluation of ourselves, we must admit that the popularizing of knowledge is a responsibility which, unluckily for the world, men of science are, as a rule, inclined to shirk. Their habits of intense and concentrated application generally make them impatient of popular writing. They are experts, and when they write they write for experts. They think habitually in technical terms, and when it comes to explaining matters to the layman they do not know where to begin. Many of the most brilliant

and successful scientists are quite incompetent to explain themselves, having neither the literary ability nor the required training for a clear, simple statement. This is, of course, quite pardonable; but accompanying this lack there should be no contempt for the popular writer; for it is from this intermediary alone that the common life of the world must gather all it knows of scientific subjects; knowledge which may distract and derange the public mind, or, on the other hand, correct, sober, and enlighten it. No one knows, who has never attempted to make clear a scientific subject, how much of ignorance may be hidden under a technical term, or how much clearer and more minute one's knowledge must be to enable him to translate such terms into ordinary English. There has been much discussion of late as to whether the profession of writing can be taught; but it is certain, at least, that if any literary effort can be bettered by special training it is that which deals in a general way with technical subjects.

"Facing then the inescapable fact that our efforts and researches can be made effective only by their translation into the common tongue, it is clear that either we must develop within our fraternity our latent aptitude as public teachers or we must appeal for aid to those who are naturally endowed with such desirable equipment."

PUBLIC HEALTH AND HIGH COST OF LIVING.

A "cost of living" survey was made in 1917 in the District of Columbia by the Bureau of Labor Statistics under Commissioner Royal S. Meeker. From this study Commissioner Meeker concludes that \$137.50 was necessary for food per adult male to maintain a worker's family in reasonable health and comfort in 1916. This made no allowance for wasteful cooking or extravagant buying. Half of the white families of Washington spent less than this amount. It is safely concluded, therefore, that the health of half the working population of Washington was impaired in 1916 by inadequate diet.

On the whole, the net result of high costs of certain types of foods, and of the food regulations of the war, has undoubtedly been beneficial. There has been a decreased use of meat and an increased use of vegetables. Also greater use of whole-grain flours and lessened fineness of milling have been beneficial. Undoubtedly the war has had a considerable effect in relieving American constipation and unloading the over-worked American liver.

Wordy and voluminous newspaper ads. by chiropractics recall the witticism of Mr. C. J. Sullivan. "Some are born great. Some achieve greatness and some have the chiropractic thrust." It is the "chiropractic thrust," of course well compensated, that seems the chief and sole stock in trade of these adroit re-adjusters of the human spine and pocket-book.

Only utterly sordid greed leads men and corporations to advertise worthless, secret and often dangerous medicines to the public. The moral crime is all the worse in that the dupes and sufferers are chiefly people who can ill afford to be swindled, either in health or money.